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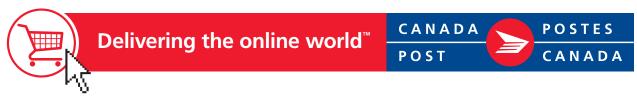








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EDMONTON C R NEWS WORTH SHARING.



Prison inmate taken hostage

Police say no one was hurt after prisoner took cellmate hostage at the Edmonton Remand Centre







OIL GRIND OUT OT WIN

The Edmonton Oilers' Andrew Ference celebrates with teammate Ales Hemsky during the third period in Dallas on Sunday. The Oilers won 3-2 in a shootout. Story, page 22. LM OTERO/THE ASSOCIATED PRESS

Winter storm set to blanket Edmonton

Warning. City braces for an expected 10-20 centimetres of snow

LEAH GERMAIN

edmonton@metronews.ca

Edmonton and the surrounding areas prepped for another heavy hit of winter Sunday night, following a heavy snowfall warning launched by Environment Canada.

"Right now, we are not ruling out the possibility that there is going to be reduced visibility and blowing snow," said Brad Power of Environment Canada, noting that, as of Sunday, Edmonton was not under a blizzard warning.

"We will call a blizzard once the visibility is reduced to

less than half of a kilometre."

Power said he is expecting highways around the capital region will not be pretty.

"The region just south of us, depending on how much snow comes down with the 40 km/h winds, that could easily drop the visibility."

The total snow dump expected over Sunday and Monday is 10-20 centimetres.

While residents prepped for the chilly weather, Edmonton's director of roadway maintenance Bob Dunford said the city would be doing its best to be ready for the snowfall late Sunday afternoon.

"We will be working," he said. "But I caution everybody it will be winter driving conditions," he said.

Crews were still working on a neighbourhood blading cycle Sunday and had about 75 per cent of neighbourhoods complete. Dunford said that program had been going slower than usual.

"We are currently in day six of what should be a five-day program," he said.

Dunford said they have encountered more cars parked on residential streets than they normally experience, which, along with warmer temperatures, slowed them down.

Dunford said even with more snow expected, the city would not be stopping the residential cycle.

Power added that in the Edmonton region, areas northeast of the city would most likely get less snow compared to areas in the south.

"It looks like the system will pull out of the area (Monday) evening," he said.

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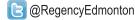
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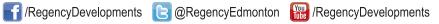
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Meetings ahead

Councillors dig into 2014 budget

Edmonton city councillors will start the heavy lifting on the 2014 budget process Monday, as what could be more than two weeks of meetings gets underway.

Councillors said they are hoping to whittle away at the proposed 5.5 per cent tax increase, but weren't wanting to raise expectations too high that they would be able to offer big tax relief.

"I am not ecstatic about the number, but I also realize that being new, making a lot of changes when a lot of the work for a budget begins in July, is going to be very challenging," said Coun. Andrew Knack, who was elected in Ward 1.

Veteran Coun. Amarjeet Sohi said he anticipates challenges reducing the increase, because much of it is locked up in staffing new projects and capital costs the city can't walk away from.

"I really don't know how much flexibility there is to adjust the proposed increase," he said.

Knack said after pouring over his budget binder for the last month he wants to know more about why the city needs more staff.

"I feel because such a large percentage of our costs is personnel, we need to have more detail," he

Sohi said in addition to what is already in the budget, he would like to find a way to get transit to communities that are currently not served.

"They pay taxes too so they should have the same kind of expectations to get services."

RYAN TUMILTY/METRO



Inmate takes fellow prisoner hostage

Remand Centre.

Situation ended peacefully; union still concerned about safety

LEAH GERMAIN

GEKIVIAIIV edmonton@metronews (

After just over three and a half hours of negotiation, Edmonton Police were able to end a hostage situation at the Edmonton Remand Centre on Sunday afternoon.

EPS responded to the correctional facility on the north end of the city shortly after 12:30 p.m. when an inmate

took his cellmate hostage.

While no inmates, police or remand staff were hurt in the incident, AUPE vice-president Eres Raz said it is necessary for the government to complete a full debriefing on the situation to determine how the situation was handled by staff and EPS.

"My first reaction was, I am hoping none of my colleagues were affected," said Raz, who along with his position at AUPE, works as a correctional peace officer at the centre

Raz noted that as a correctional peace officer, he is constantly faced with different dangers every day on the job.

"Anytime we go to work,

we are always having to be conscious of our surrounding, conscious of the people we are dealing with."

While the authorities could not confirm what type of weapon was used in the assault, Dan Laville, spokesman for the solicitor general said police were able to separate the two inmates shortly before 4 p.m.

"The situation was resolved peacefully," Laville said. "The inmate who threatened to assault this cellmate gave himself up."

Along with a criminal investigation by EPS, the solicitor general will be launching its own review of the incident to determine whether

At a glance

- Earlier this year, correctional officers from around the province went on strike to protest on-the-job safety.
- The AUPE was fined \$350,000 for the strike after the union refused a back-to-work order.
- The new remand centre cost approximately \$580 million to build.

correct protocol was followed.

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Monday, December 2, 2013

Budget proposes \$750K demo

The Edmonton Humane Society's former home will face a wrecking ball if city councillors approve the proposed budget.

The building, at 66 Street and Yellowhead Trail, will be taken down at a cost of \$750,000 so that the city can improve the intersection in the future.

"We believe that it will be used at some point for an enhancement or upgrade to that intersection," said city spokesperson David Holehouse.

Holehouse said that has always been the city's plan for the plot, which is right on the corner of the busy intersection.

Holehouse said there's no timetable for the intersection improvements, but the city still wants the City

"It's just because it's easier for us to manage a bare piece of land than a piece of land with a building on it. It's going to have to be dealt with at some point." City spokesperson David Holehouse

building to come down.

"It's just because it's easier for us to manage a bare piece of land than a piece of

land with a building on it.
It's going to have to be dealt
with at some point."
RYAN TUMILTY/METRO

Parade ought to take to the streets: Organizers

Santa Claus.

Spectators gathered indoors for Edmonton's annual Santa Claus parade

Organizers for Edmonton's indoor Santa Claus parade, Jingle On, said they hope to move the parade outdoors in the coming years to keep the event in line with Edmonton's winter-city strategy.

"I would love for this parade (to move outside)," said Katharine Hoy, the producer for the annual Jingle On Indoor Santa Claus Parade.

This year's event, which was held Dec. 1 at the City Centre mall, was Hoy's fourth time organizing the parade and while spectators stayed warm inside, she noted she would like to see Santa Claus hit the streets of Edmonton.

"We say we are a winter city, so I think maybe in a couple of years we may have a real outside Santa Claus parade like they do in cities like Toronto," she added.

"I would love to see an outdoor Santa Claus parade. I think Edmonton is ready for one"

While Hoy said she hoped the parade would eventually move to an outdoor venue,



Santa rolls through the halls of Edmonton City Centre Mall on Sunday for the annual Jingle On Indoor Santa Claus Parade.

one of the event's spectators Jennifer MacPhee said she was happy to be indoors with her four-year old twin daugh-

"We love the fact that it is inside," MacPhee said. "Obviously, we have small kids so it works out perfectly for us.

Jamie Mulder, who attended Jingle On with her a one-year old son, echoed MacPhee's comments.

"It is wonderful (to be indoors), because if it had been a really cold day outside today, we probably wouldn't have brought him," she said.

LEAH GERMAIN/FOR METRO



Simmering tensions between owners of Alberta's controversial GuZoo and an animalrights activist appear bound for the courts.

A summons obtained by Metro indicates GuZoo opponent Phil Shaw has been charged via private prosecution with trespassing, break-and-enter and "vandalism with a knife to fear he would cause personal injury."

The legal action was spurred by Irene Gustafson, wife of GuZoo owner Lynn Gustafson, and stems from a May 25 incident.

Shaw, who has been labelled as a "whistleblower" by some animal-rights groups in the province, has continuously criticized the operations at GuZoo and even obtained his own videos and photos of what he claimed were deplorable living conditions for hundreds of exotic and domestic animals.

Reached Sunday, Shaw denied he'd ever threatened any member of the Gustafson family.

JEREMY NOLAIS/METRO IN CALGARY



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For the love of reading ... free

Budget debate.

Councillors want to keep library cards free into 2014



RYAN **TUMILTY**

The free ride for Edmonton library users should go on in 2014, as the library plans to continue waiving the fee for new library cards.

In its budget submission, which still needs council approval, the library is proposing to keep waiving the \$12 fee, which was scrapped this year as part of the library's centennial

Coun. Andrew Knack said he supports the proposal to keep the program free. He said library officials told him the free cards led to a 51 per cent increase in new registrations.

The library estimates they are forgoing about \$683,000 in revenue out of their \$52 million budget by waiving the fees.

Knack said with registration fees being just a small part of the library's revenue, there is no need to end the centennial program.

"It is such a minor drop in the overall budget to allow it to continue to be free," he said.

Coun. Amarjeet Sohi said he believes it is worth considering waiving the fee only for those who need it, but he definitely doesn't want to see it act as

Edmonton public libraries are the second most visited locations in the city, with 13 million visits a year.

"It is so fundamental to lifelong learning and the library acts as community hub for people to interact," he said.

Dave, a library patron at the Stanley Milner on Sunday, said he is glad to hear about plans to expand the service.

"It is a public library. I think people should just have access to it," he said. "I think every city should have the same

Good Samaritan sought

Edmonton police are looking for an unidentified man after a man he helped into the lobby of a downtown building later died.

Police were called to a building at 100 Street and 103 Avenue around 4 a.m. Thursday and found a 54-year-old man conscious and breathing but in need of medical attention. The man was taken to hospital, where he later died. Police are still trying to determine the cause.

Police say early indicators suggest the man's injuries are consistent with someone who was hit by a motor vehicle.

EPS believe the unidentified man was in his 20s, about five-foot-10 and had an average build. He was wearing blue jeans, black runners with light-coloured soles and a multi-coloured ski jacket with yellow on one sleeve.

The EPS wants to speak to the man because they hope he may have information about the investigation.

Anyone with information is asked to contact the Edmonton Police Service at 780-423-4567 or 377 from a mobile phone.

Anonymous information can be submitted to Crime



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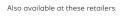
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Monday, December 2, 2013

Canada criticized over policy on information obtained via torture

A major alliance that promotes European security has criticized Canada for opening the door to the use of information that may have been extracted through torture.

Newly disclosed briefing notes and correspondence show the Organization for Security and Co-operation in Europe wrote to Canada's representative to the organization to express its concerns

Canada belongs to the 57-member alliance, which bills itself as the world's largest regional security organization, working for peace, democracy and stability for more than a billion people.

The Canadian government responded to the February 2012 letter with a staunch defence of its information-sharing policy as a principled response to terrorism and other security threats.

The OSCE's concerns came to light through heavily censored records released to The Canadian Press under the Access to Information Act.

Though the organization's letter to Canada's thenambassador to the OSCE is blacked out, a spokesman for the Vienna-based agency's human rights office spelled out its concerns.

The OSCE quietly expressed its objections to Canada over revelations the government had directed Canada's spy agency to use information that may have been gleaned through torture in cases where public safety is at risk.

THE CANADIAN PRESS



Protesters clash with police guarding the presidential administration building in downtown city centre. Police allowed the rally to proceed peacefully, but when a few thousand proteste SERGEI GRITS/THE ASSOCIATED PRESS

Ukraine becomes

Dozens injured in clashes with police. Around 300,000 take to Kyiv streets to demonstrate against president's refusal to sign deal with EU

A protest by about 300,000 Ukrainians angered by their government's decision to freeze integration with the West turned violent Sunday, when a group of demonstrators besieged the president's office and police drove them back with truncheons, tear gas and flash grenades. Dozens of people were injured.

The mass rally in central Kyiv defied a government ban on protests on Independence Square, in the biggest show of anger over President Viktor Yanukovych's refusal to sign a political and economic agreement with the European Usion

While opposition leaders called for a nationwide strike and prolonged peaceful street protests to demand that the government resign, several thousand people broke away and marched to Yanukovych's nearby office.

A few hundred of them threw rocks and other objects at police and attempted to break through police lines with a front loader. After several hours of clashes, riot police used force to push them back. Dozens of people with what appeared to be head injuries were taken away by ambulance.

Opposition leaders denounced the clashes as a provocation aimed at discrediting the peaceful demonstration and charged that the people who incited the storming of the presidential office were government-hired thugs.

Several opposition leaders walked over to Yanukovych's office to urge protesters to return to Independence Square. Order appeared to

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protest violent

"Our plan is clear: It's not a demonstration. it's not a reaction. It's a revolution."

Former interior minister Yuriy Lutsenko, who is now an opposition leader

have been restored by Sunday night, with rows of riot police standing guard behind metal fences.

protesters then headed to Yanukovych's residence outside Kyiv, but their cars were stopped by police.

Speaking before the vast crowds on Independence Square from the roof of a bus, the opposition leaders demanded that Yanukovych and his government resign.

Chants of "revolution" resounded across a sea of yellow and blue Ukrainian and EU flags on the square, where the government had prohibited rallies starting Sunday. Thousands of protesters remained late into the evening and some were preparing to spend the night on the

The demonstration was by far the largest since the protests began more than a week ago and it carried echoes of the 2004 Orange Revolution, when tens of thousands came to the square nightly for weeks and set up a tent camp along the main street leading to the square.

The opposition leaders urged Ukrainians from all over the country to join the protests in the capital.

"Our future is being decided here in Kyiv," Klitschko

Ukrainian lawmakers meet Monday for consultations and planned to hold a parliament session Tuesday. The opposition is hoping to muster enough votes to oust Prime Minister Mykola Azarov's Cabinet after several lawmakers quit Yanukovych's Party of Regions in protest.

THE ASSOCIATED PRESS

Senate scandal

Ex-PMO staffer's emails to be handed to RCMP

The federal government has notified the RCMP about a cache of emails belonging to Benjamin Perrin, former counsel for the Prime Minister's Office and a central figure in the Senate spending

The Privy Council Office

has written to investigators to say it was wrong when it originally said Perrin's emails had been deleted when he left the job in March.

The letter says PCO recently learned the account in question had been frozen as a result of "unrelated litigation.'

The office says it will "immediately turn over these email records" and that it has apologized to both the RCMP and the Prime Minister's Office. THE CANADIAN PRESS

Egypt

Morsi supporters clash with police

Police fired tear gas to drive hundreds of supporters of Egypt's ousted Islamist president Mohammed Morsi from Cairo's famed Tahrir Square on Sunday, as a panel tasked with amending a constitution adopted during his time in office convened for a second day.

The 50-member assem-

bly revising the Islamisttilted charter has been voting clause-by-clause on the final draft. When that process is completed, the document will be put to a vote in a nationwide referendum to be called by Interim President Adly Mansour.

If adopted, a giant step in the roadmap announced by the military when it removed Morsi last summer will have been completed.

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Plan to send secret info to China foiled: RCMP

National security.

Police were 'able to move quickly to disrupt a threat to Canadian interests'

A Canadian naval engineer is accused of trying to send classified information on Canada's shipbuilding strategy and marine sovereignty to the Chinese government.

Qing Quentin Huang, 53, from Waterdown, Ont., was arrested in nearby Burlington on Saturday, just two days after the RCMP say they became aware of the allegations against him.

The RCMP said they learned on Thursday that Huang was allegedly taking steps to pass on classified information to China relating to Canada's national shipbuilding strategy.

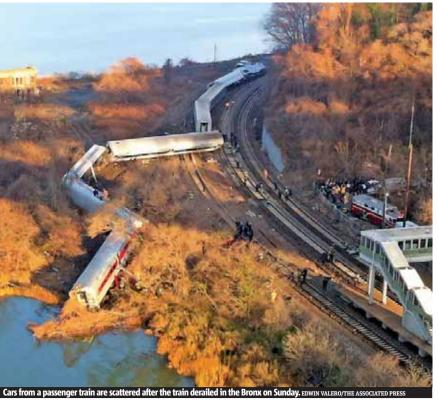
Huang is a Canadian citizen and an employee of Lloyd's Register, a subcontractor to Irving Shipbuilding Inc., the RCMP said Sunday at a news conference to announce the arrest.

"These are documents of a confidential and sensitive nature to the government of Canada that relate to their vessels that support our marine services in relation to sovereignty here in Canada," said RCMP Chief Supt. Jennifer Strachan.

The national shipbuilding strategy includes patrol ships, frigates, naval auxiliary vessels, science research vessels and ice breakers, she said.

Huang is charged under the Security of Information Act with two counts of attempting to communicate classified information to a foreign entity. He is being held in custody pending a bail hearing Wednesday in Toronto, the RCMP said.

THE CANADIAN PRESS



N.Y.C. train derailment kills at least 4

A Metro-North passenger train derailed on a curved section of track in the Bronx on Sunday morning, killing four people and injuring 63 as one car came to rest just inches from the water, authorities said.

New York Governor Andrew Cuomo announced the deaths at a news conference at the site of the crash near the Spuyten Duyvil station. He said authorities believe everyone at the site had been accounted for and that investigators from the National Transportation Safety

Board were en route.

Eleven people are believed to be in critical condition, authorities said. The train operator was among the dozens injured, Cuomo said.

Metropolitan Transportation Authority spokeswoman Marjorie Anders said the big curve where the derailment occurred is in a slow speed area. The black box should be able to tell how fast the train was travelling, Anders said.

The derailment of the southbound Hudson Line

train was reported at about 7:20 a.m., authorities said. Four or five cars on the seven-car train derailed about 90 metres north of the station, the Metropolitan Transportation Authority said in a news release. But none of the cars entered the Hudson or Harlem rivers, which are adjacent, the

MTA chairman Thomas F. Prendergast said that speed was one of the factors authorities planned to investigate.

THE ASSOCIATED PRESS

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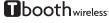
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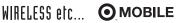








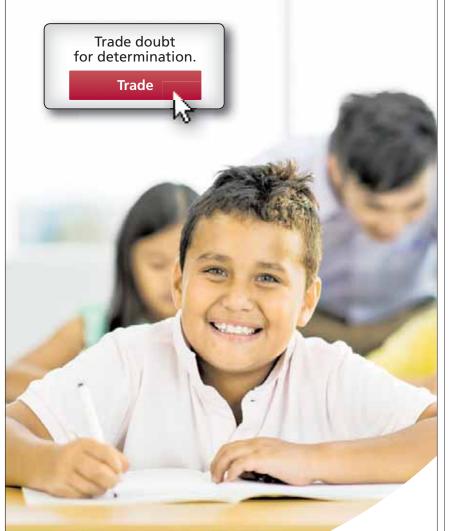








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rel monkey Miss Baker rode a Jupiter IRBM into space and back in 1959. Jupiter, AM-18 mission, also carried an rican-born rhesus monkey, Able, into suborbit. Both monkeys were recovered in good condition. courtesy rassa

How NASA made heroes of two monkeys

Anthropomorphism.

Miss Baker and Able astronaut 'heroes' of their day, 1959



When Miss Baker returned from space she became a media star, was given a bun-

galow and was married off,

twice, to male squirrel mon-

keys - but she never fulfilled

NASA's hope that she'd repro-

How NASA and the media anthropomorphized a pair of female space monkeys — one as a male military hero and the other as a housewife in 1959 sheds light on how mythologizing astronauts can obscure real military and political goals for space exploration, according to a York

University researcher. In 1959, Baker, a squirrel monkey, and Able, a rhesus monkey, blasted off into outer space, survived and were recovered from the ocean by the American navy.

Jordan Bimm's paper argues the primates, which Jordan Bimm's were originally seen as tools



and chosen for their physiological similarities to humans, were imbued with human traits upon their return, revealing more about us humans than the monkeys.

"They were on the cover of Life Magazine in front of an American flag and presented as these pilot hero figures," he said.

But four days later, Able died during a medical procedure and her body was stuffed and put on display at the Smithsonian.

The display was gendered in a way that transformed Able into a caricature of the

In 1959 NASA conducted a test of about 20 female pilots who were judged to be equally as competent as men. But they were ruled out for space flight because of menstruation.

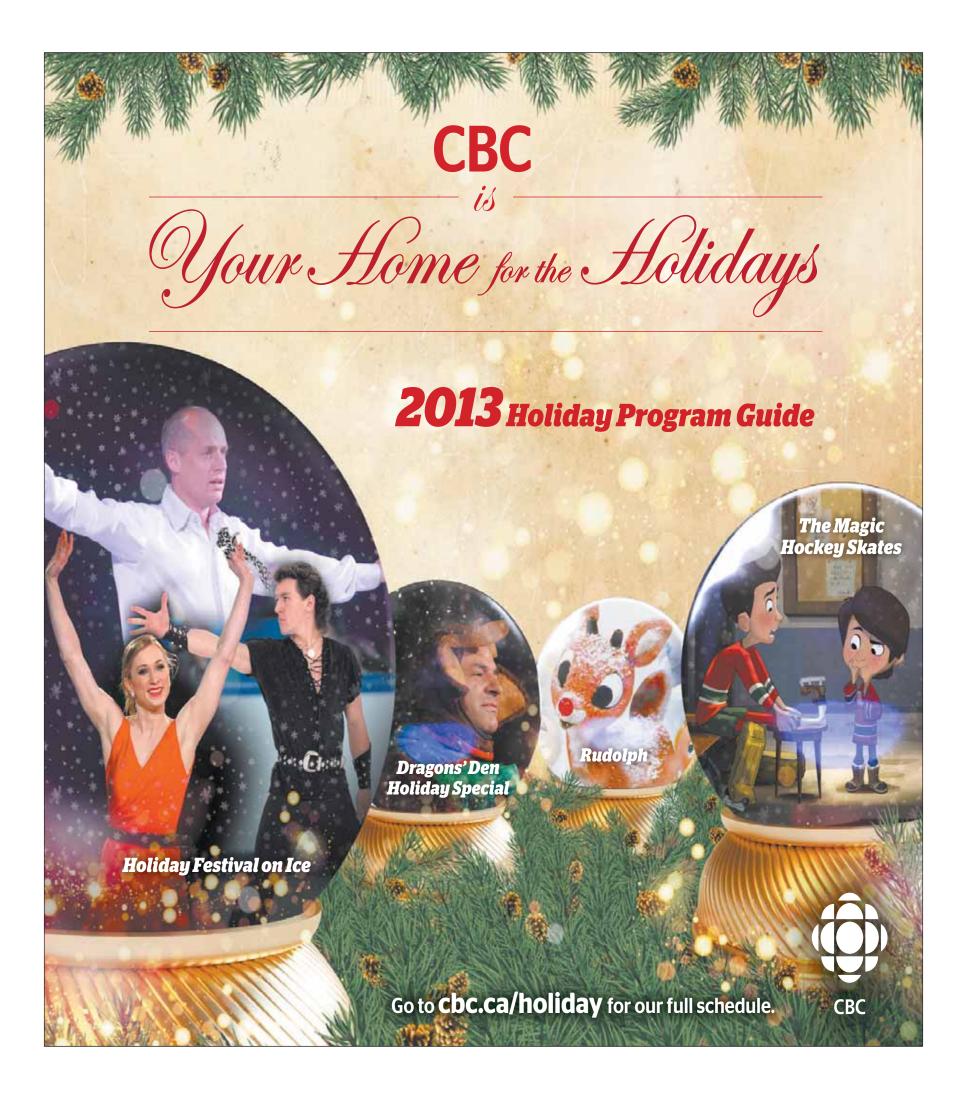
In 2009's Night at the Museum: Battle of the Smithsonian, Able, a female rhesus monkey, was portrayed in a character opposite actor Ben Stiller as a male monkey military hero.

masculine Cold War era, Bimm said.

"Able died during military service, in a military hospital in connection with a rocket flight. To make that make sense to the American public circa 1959 they sort of warped her into a male," Bimm said.

Baker, however, survived for a long time afterwards and Dr. Dietrich Beischer of the Navy's Aviation Medical School at Pensacola was primarily responsible for casting Miss Baker as a housewife.

"He also gave her a habitat, which he called a bungalow..." said Bimm.











Giving Tuesday taps into true spirit of the holidays

Suffering from a shopping hangover?

The perfect cure could be giving back via a new philanthropic movement



PHOEBE HO

In addition to Black Friday and Cyber Monday, yet another popular U.S. initiative has crossed the border.

After a weekend of door crashers and tempting deals, Canadians will see the launch of its non-commercial counterpart, Giving Tuesday, a day devoted to philanthropy and described by the site as the "Opening day of the giving season."

The U.S. initiative, created by New York's 92nd Street Y



and supported by the United Nations Foundation, has already seen immense success, attracting over 2,500 partners to take part in its first year. Now, a group of Canadian organizations are hoping to build on that momentum CanadaHelps president and CEO Marina Glogovac, one of the 15 founding partners of Canada's Giving Tuesday, said the timing of the event was perfect. "There are different

"There are different months in Canada focused on different charitable sectors," said Glogovac. "But in terms of consumer awareness, I think it's a good day to kind of add something that says we shop, we get deals, we spend money to get what we want, and we also should remember that we should give back."

Mainly promoted through social media over the summer, the grassroots movement has taken on a life of its own. So far, over 1,000 charities, partners, and organizations have already signed on to participate in its first year.

Social media movement

A day that's good for the community

Giving Tuesday was a nobrainer for Big Brothers Big Sisters of Canada, one of over a thousand charities and organizations that have joined the movement.

For years, BBBSC has helping children find positive role models in the community. Sandra Downey, director of business development and communications from its Toronto branch, said Giving Tuesday was the perfect fit for their organization.

"I see on their website it says: There are two days that are good for the economy, and now we have a day that's good for the community. I love that quote," she said. "It's using social media as a vehicle to help organizations such as ours ask for donations at a time of the year where people tend to want to be giving back."

HR knows if you've been bad or good at party

'Tis the season of the office holiday party, a time when the combination of awkward mingling with co-workers plus alcohol creates a social minefield.

But, experts say, one faux pas can easily turn bad behaviour into a legal mess for employers and employees.

When the booze flows freely so can trouble.

Court records are filled with examples of people sexually harassing co-workers and making inappropriate or racist comments at parties. Alcohol is often involved.

Aside from excessive drinking, the most common problem scenario that likely arises from office holiday parties is sexual harassment, says employment lawyer Daniel Iny, though he concedes the two are not mutually exclu-



sive.

Employees are still bound by workplace policies, even at after-hours parties, Iny points out.

"I don't think a holiday party gives an employee carte blanche to do or say things that would never be tolerated in the workplace, nor does it give an employer the same right," says Iny.

"An employee can be disciplined in my view for conduct

Be good for goodness's sake

The Human Rights Tribunal of Ontario in 2011 upheld the dismissal of an employee at a plastics company after he got drunk at the company holiday party and harassed his supervisors and made sexually inappropriate comments and physical threats to his fellow employees and their spouses.

that occurs at a holiday party."
Employment lawyer Inna
Koldorf says the best bet is
to conduct yourself as if you

were at work.

"It's not like they're watching their every move, but management is watching their behaviour," Koldorf says.

THE CANADIAN PRESS

Notice of Hearing for Temporary Guardianship Order To **James McMullan**

Take notice that on the 18th day of December, 2013 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Temporary Guardianship Order** of your child born on **September 8, 2010**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink

Calgary and Area Child and Family Services Authority Phone: (403) 297-2978

Notice of Hearing for Temporary Guardianship Order To **Robert McAlpine**

Take notice that on the 18th day of December, 2013 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Temporary Guardianship Order** of your child born on **August 22**, **2005**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink

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TAKE AN ENJOYABLE WALK ON JASPER

There's a lot to be said for wandering aimlessly. That's how you get a better idea of the city you live in.

Most of the time we are in far too big a hurry to actually notice what is going on around us.

Most of what we see on our way to work or our return home is given only a cursory glance. And an hour at lunch doesn't leave much time for observation and reflection.

That's why I decided to take a stroll through the downtown to see what I have been overlooking. And there actually were things to see that I hadn't noticed before. One of the interesting things I noticed

was what the city has done with the sidewalks on Jasper Avenue. Parts of the curbing have been replaced with granite blocks.

I am not talking about granite veneer, but actual blocks. Using granite must have been expensive, but I suspect the granite will last much longer than the concrete around it. I'm all for that.



Terence Harding edmonton@metronews.ca

I didn't think that granite could make me glad, but somehow it did.

But I found the sidewalk treatment on Jasper Avenue even more interesting. First, there is much more space.

Good idea.

Even better was an indication that the city might be able to break its paving stone addiction. You know what I'm talking about. The squiggly shaped things that are used in intersections and the sidewalks outside Edmonton Centre. Those ones.

On parts of the sidewalks along Jasper, sections of the sidewalks are covered in rubber tiles made from the crumb from recycled tires.

One can only hope they were made in Canada. These rubber tiles are really interesting. They are relatively easy to lay down over concrete and can be kept in place with industrial adhesive. At least that's what I did when I used them on the walk that leads up to my house. They have been there for three years without any problems

On parts of the sidewalks along Jasper, sections of the sidewalks are covered in rubber tiles made from the crumb from recycled tires. One can only hope they were made in Canada. These rubber tiles are really interesting. They are relatively easy to lay down over concrete and can be kept in place with industrial adhesive.

Compare that to what happens to the paving stones we are currently using. They are a make-work project of major

The freeze-thaw cycle that wreaks havoc on our roads does it to them, too. Every year many of them have to be repositioned. And before that happens they are a definite trip hazard. So someone was certainly thinking outside the box when it came to the Jasper Avenue redesign. And I noticed.

ZOOM

Are you saying there's a party in the 'Peg?



Anchorman says city named after a bunny

Will Ferrell, wearing his trademark Ron Burgundy moustache and Anchorman outfit, helped open the Canadian Curling trials in Winnipeg Sunday at the 2013 Roar Of The Rings. He even

tried his luck on the ice and then donned a kilt to the delight of fans. He met with reporters, where he said the name Winnipeg was Latin for the small tundra bunny who lives in the hole on the hill.

The winners of the championship will represent Canada at the Sochi Olympics.

THE CANADIAN PRESS

Ferrell commentates for Olympic qualifier

Ferrell was in town to help promote Anchorman 2: The Legend Continues, due in theatres Dec. 20.

As for curling jargon, he said he knows what "hurry hard" means but uses it mostly

when he's stuck in traffic to get the driver in front to start

He joined TSN curling broadcaster Vic Rauter to comment on part of the opening draw, and fielded questions such as, what can you bring to the sport of curling? To which he replied, "I can bring a certain amount of dignity and class." THE CANADIAN PRESS





It's a familiar lament that Netflix users in the U.S. have a much wider selection than Canadian subscribers enjoy. Luckily, there are a few ways around it,



though be advised that these shenanigans technically break the Netflix terms of use.

Media Hint:

A free plug-in for Chrome and Firefox, Media Hint is a DNS redirect that disguises your previously unworthy Canadian computer as a deserved American machine. Unfortunately, that restricts you to the U.S. service, which means content on the Netflix Canada will be unavailable. Which brings us to...

Unblock-us.com:

A DNS redirect similar to Media Hint, at a cost of five dollars a month. That cost gives you one excellent feature that elevates it above Media Hint, however—the ability to choose which country's Netflix service you feel like planting your flag in that day. Pair it with a website like Moreflicks, a search engine that lets you know what movies and shows are available on each country's service, and you gain access to an actual world of content.

@metropicks asked: Canada banned marijuana for political reasons, without scientific evidence. A report commissioned by Pierre Elliott Trudeau in 1969 recommended decriminalizing possession. Do you think it should be legalized?

@ArtistMiesje: I agree with @SensibleBC it's time to change these outdated laws for so many reasons

@EdlundEric: if it is legalized the govt can regulate and tax it this taking 1 source of income away from criminal oras

@jacobisdead: yes

@tpjmccarthy: Yeah, we need more Cheech's and Chong's..Legalize iy..Lol

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca



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Teen idol turned action star's sudden death shocks Hollywood

Paul Walker. Actor who rose to fame in the 1990s was best known for his Fast and Furious franchise



EHRBAR

To the world, Paul Walker was best known for his bright blue eyes and blonde hair. His squeaky-clean all-American good looks made him more than just memorable in his breakout role as Skip Martin in 1998's Pleasantville.

In 1999, he continued to woo the young contingent of filmgoers with roles in classic 90s teen movies like Varsity Blues and She's All That. And over the last decade, his name had become synonymous with the Fast and Furious franchise.

Sadly, the 40-year-old actor's life was cut short on Saturday afternoon in Los Angeles, where he died in a car crash.

At the time, he was attending a fundraiser in the community of Valencia to benefit the victims of Typhoon

"It is with a truly heavy heart that we must confirm that Paul Walker passed away today in a tragic car accident while attending a charity event for his organization Reach Out Worldwide," a statement on his Facebook page read.

"He was a passenger in a friend's car, in which both lost

Walker's fame rose with a string of hits in the late 1990s, before he took his place along-



side Vin Diesel as the lead in the Fast and Furious franchise in 2001.

seventh instalment of the franchise had begun shooting in September, with a planned release date of July

Walker's friend and business partner, Roger Rodas, also died in the crash. Rodas was driving a red Porsche and reports say the car was travelling at high speeds when it hit a tree, slammed into a streetlight and then burst into flames.

Rodas' high end auto shop, Always Evolving, was hosting the charity event.

According to Radar Online, the crash happened so close to the fundraiser that attendees could hear the impact. Tragically, one of the witnesses who rushed to the scene to help was reportedly Rodas' eight-year-old

"I ran over afterwards, I was trying to find Roger's son," eyewitness Jim Torp told the New York Daily News. "I found out his son had jumped

the fence and gone over, he was trying to get his dad out. Paul Walker's best friend was trying to get Paul out of the car while it was still on fire ... he was trying to save his friend ... there was nothing he could do."

Walker's Fast and Furious co-star Diesel on the weekend posted on Instagram: "Brother Î will miss you very much. I am absolutely speechless. Heaven has gained a new Angel. Rest in

Walker is survived by his

15-year-old daughter, Meadow, who had recently moved to Los Angeles to live with him after living with her mother in Ha-

Walker's most memorable film roles

The Fast and The Furious (2001): The one that started it all, featuring Walker as an undercover cop who gets caught up in the underground street-racing racket he's inves-

Fast Five (2011): The streetracing franchise's revitalization has been one of Hollywood's more impressive recent success stories, with the fourth, fifth and sixth films earning acclaim and huge numbers at the box office. The fifth entry, set in Brazil, is the best of the bunch.

She's All That (1999): This "Pygmalion set in high school" romantic comedy is perfect specimen of '90s teen culture. Ŵalker goads Freddie Prinze Jr. into seducing frumpy art student Rachael Leigh Cook and turning her into a prom queen.

Pleasantville (1998): Walker's good looks served him well as an innocent 1950s teen who has his eyes opened by Reese Witherspoon's more liberated modern-day girl.

Into the Blue (2005): A true guilty pleasure. Walker and Jessica Alba star as salvage divers caught up in a fight over a sunken cocaine shipment and spend most of the film in bathing suits.

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• Join the Metropolitan Panel to participate in our survey December 6th - 8th and share your favourites of 2013 Results will be highlighted at the end of December in Metro! Plus, one lucky Metropolitan Panel member will WIN a Samsung Galaxy Tablet!

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Review

The Book Thief: Enhanced Movie Tie-in Edition

By Markus Zusak

Kindle/iBooks



MIND THE APP Kris Abel @RealKrisAbel

During a life made arduous by Nazi rule, a girl uses stolen books to tell her tale. It's an unflinching account, very coarse in detail, but surprising in its warmth. This special edition weaves clips from the film into its pages, without being intrusive, and has a rewarding Q & A with author Markus Zusak waiting at the end.



Snappy patter and tough dames: Mob City evokes film noir classics

TV. Alexa Davalos says she happily donned seamed stockings and garters to appear in a series about post-Second World War L.A.

Alexa Davalos has handled her share of rough-and-tumble action in movies including The Chronicles of Riddick, The Mist and Clash of the Titans.

But in TNT's new series Mob City, the actress takes on the sophisticated nuances of film noir, in which come-hither glances and snappy patter are as key as the gunfire.

Davalos plays Jasmine Fontaine, a woman trying to keep her footing in a post-Second World War Los Angeles that's the dangerous turf of mosters including Ben "Bugsy" Siegel (Ed Burns) and Mickey Cohen (Jeremy Luke), and

the police waging war against

The drama series from writer/director Frank Darabont (The Walking Dead, The Shawshank Redemption), which debuts Dec. 4 for a three-week run, enthralled Davalos from the moment she read the first script.

It's evocative of such classic noir films as The Big Sleep and Double Indemnity, and so is the Paris-born Davalos' performance, which recalls sultry, tough-dame turns by Lauren Bacall and Barbara Stanwyck. The 31-year-old actress discussed the genre and her character in a recent interview.

Did you have a passion for the noir genre before doing the series?

My grandfather is an actor (Richard Davalos, East of Eden), so I grew up watching all the films from that time period. I've always felt like I was born in the wrong era.



How would you describe your character, Jasmine?

She's a woman of that specific generation and all that entails. During the war, we know that women took on a lot of men's roles, and when the war ended and men came back, women were sent into a different space. I feel like Jasmine held on to that taste of individuality that she had.

The period costumes are

beautiful. Were they fun to wear?

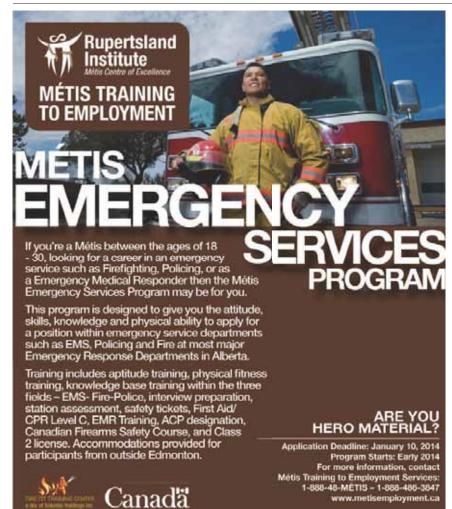
I miss it. I miss the garters, I miss the stockings, I miss every little element. I was given the choice, do you want to wear pantyhose, and I said no, no, no. I want to do the whole thing, top to bottom, the seamed stockings and all. Our costume designer, Gigi (Giovanna Ottobre-Melton), is an out-of-control wonder, and she tailor-made things for me, cut patterns from the 1940s and did it herself.

What other projects have you done recently?

I did a little film called Nina, a small role. I played a French girl who was a nurse to Nina Simone. Zoe Saldana plays

What music do you listen to?

Sidney Bechet. I'm an oldtimey gal. I have my granddad's record collection, which I treasure, and my father's — The Rolling Stones to Sidney Bechet. THE ASSOCIATED PRESS





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Mila Kunis pregnancy rumours continue to swirl

Mila Kunis and Ashton Kutcher have been sparking pregnancy rumours lately, with Kunis wearing suspiciously baggy clothing and Kutcher having less patience than usual with the paparazzi. "They want to have a baby now, and it's far more important to them than getting married," a source tells Radar Online.

And at least one thing is for sure: That baby will be

Jewish.

"Even if (Ashton) doesn't fully convert, he's very much into the idea of having little Jewish babies," the source says, adding that the topic is very important to Kunis' family. "Think Coney Islandstyle Russian immigrants," the source says. "They want Jewish babies, and Mila wants to give them to her family. Tradition is very important to her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Clint probably told him to 'get off my lawn'



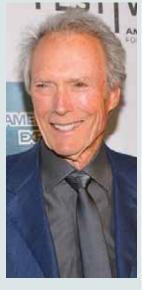
STARGAZING Malene Arpe scene@metronews.ca

Clint Eastwood's daughter is getting an annulment of her Las Vegas marriage to Jonah Hill's brother. She decided she would rather date Ben Stiller's cousin while her groom is more interested in hanging out with Meryl Streep's daughter's friend's aunt.

Fergie says she chose the name Axl for her baby after a dreaming about a festival where Bob Marley, Jim Morrison and Axl Rose were playing. And what is wrong with "Bob" and

Vin Diesel teases that Ang Lee will direct him in the Kojak movie. That explains the working title Who Loves Ya, Scary Tiger?

Jessica Biel tells the Internet to calm down after concern that she wasn't attending the AMAs with husband Justin Timberlake. "Take it easy," she said. "I'm at home in my tattered sweatpants eating 22 donuts while Justin is having fun doing whatever he wants. It's all good."



Kanye West asks us not to buy any Louis Vuitton products to protest that the company wasn't interested in his designs. I'm always up for a good boycott, so I sincerely hope Kanye's next fight is with Walmart and Buddy's House of Dented Cans.

There is more grief over the death of the dog on Family Guy than over Clay's death on Sons of Anarchy and Carter's death on Person of Interest. It's exactly like that time when nobody cared I got punched in the face for inadvertently providing massive spoilers about fictional characters.



Osbourne doesn't know the meaning of overshare

Sharon Osbourne freely admits that she's had "a lot" of plastic surgery, as she revealed during an appearance on Graham Norton's talk show recently.

So what was her most painful surgical experience? "Having my vagina tightened," Osbourne says of the

procedure. "It was just excruciating."



Bieber busts out another tattoo

Justin Bieber has just about run out of room on his left arm, as the 19-year-old pop star sat for yet another tattoo after a show in Sydney, Australia this weekend.

Bieber posted a photo of

himself to Instagram looking none too pleased with the tattooing process as an artist went at his upper arm with a tattoo gun.

"Just got off stage to get

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Moms, I'm pretty sure you've got wipes, diapers, bandages, crayons, snacks, crumbs, mittens, toys, and probably a can opener, a car muffler and a glue gun in that purse of yours.

But you know what else you've got in there? That weird mom-purse smell.

You don't notice it that much except for every single time you are looking for something. You know, like when you're doing the stressful "stir the cauldron" dance to try and find your house keys.

There's a simple, stress free solution that will actually bring you a couple seconds of "aaaaaah" in the middle of, "Mom, where is my juuuuuuuuuuice?"

Grab a lavender sachet and throw one into your purse. Lavender is natural and

has traditionally been used in aromatherapy to relieve anxiety and promote relaxation. Plus, the calming scent releases when the flowers are crushed — which is exactly

what will happen when you are stressfully stirring up the contents of your purse, looking for that elusive car muffler or hockey skate.

That means the more stress you're feeling, the more lavender you'll smell.

I know. I'm a genius. kat inokai, yummymummyclub.ca

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Confessions of a regular mom

Keeping it real.

Ever order pizza on weekends or send you kid to school in pyjamas to avoid a fight? You're not alone

ANNABEL FITZSIMMONS

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Last week I sent my son to school in his pyjamas. It was one of those mornings.

"I don't want to go downstairs. I don't want to eat breakfast. I don't want to brush my teeth. I don't want to pack my backpack. I don't want to get dressed."

When he dug his heels in over changing out of his py-jamas, I asked myself, "Does he really need to put on day clothes?" And I decided it wasn't a fight I was willing to fight. So I put a pair of "proper clothes" in his backpack in case he needed them during the day, and off to junior kindergarten he went.

Let's file this under Things I've Learned In Seven Years of Motherhood: pick your battles.

The situation got me thinking about all the things that happen in our households that no one ever really hears about.



So, in the interest of keeping it real, here are a few things that have been going on in our household lately.

Sometimes, we use bribery.

One Friday night a few weeks ago, we promised our kids a couple of toonies if they had breakfast, played quietly, didn't fight, and didn't come into our bedroom until after 8 a.m. the next morning. For kids who get up at 6 a.m., we

thought it might be a pretty tall order for the weekend. But they did it. And the routine has stuck. We paid them that one time and every Saturday they still wait until after 8 a.m. to come into our room.

My house is rarely spotless.

My kids fight. A lot. They fight about who got their vitamins first, who knows how to sing O Canada better in French,

who has a nicer teacher. The latest thing is who gets to click in their seat belt first.

My husband and I sometimes push the boundaries, and pay

A couple of weeks ago, we were having a great time at the family bingo night at our kids' school. Until family bingo night turned into totalmeltdown-screaming-kicking-tantrum-craziness on the

front lawn of the school. Our youngest, not me. Although I almost went there as well.

We order in every Friday night.

We eat healthily most of the time, but on Friday nights we have family movie night and order pizza. And not the whole wheat or spelt crust option either. It's always the same order: pepperoni, mushroom and pineapple. There's nothing I love more at the end of a busy week than knowing I don't have to cook, to prep or to even think about what's for dinner.

The next time you see a happy picture of my family, you'll know it wasn't taken on family bingo night or after a car ride. It may have been taken on a Saturday morning — after I've stayed in bed until 8 a.m. (but before the kids have started fighting) — or on a Friday evening once the pizza's been delivered. And my son might be in his pyjamas.

By the way, that day I sent my son to school in his pajamas? I fully expected him to be wearing his day clothes when I picked him up. But no. He marched right out of his class with his pyjamas still on, smiling the happiest smile ever. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN TO SURVIVE MOTHERHOOD

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metronews.ca Monday, December 2, 2013 **FOOD**

Salad that's hearty enough to stand up to the cold

ROSE REISMAN

For more, visit rosereisman.com Follow her on Twitter @rosereisman

- 2 1/2 cups low-sodium yeaetable stock
- 3/4 cup dried yellow lentils • 3/4 cup diced red bell
- pepper • 1/3 cup chopped green
- onions (whole onion) • 1/3 cup chopped fresh
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper • 1/2 cup diced reduced fat
- 6 large grilled shrimp



This is a great vegetarian dish without the shrimp since the lentils are a good source of protein. You can also serve it as a side dish to any entree.

1. In a saucepan, combine

the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temper2. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving. Place a grilled shrimp on each serving plate.

Tackle entertaining season

with Italian Surf and Turf

Choose it and lose it



Who doesn't love a juicy steak? The cut is what makes all of the difference when it comes to calories and fat though.



Rib Eye Steak (12 oz)

1,049 calories/80 q fat A rib eye steak is marbled with fat but it's oh so good! Too bad it contains an entire day's worth

Equivalent

One 12-ounce rib eye steak is equal in fat to three Boston Pizza lasagnas.





New York Strip (12 oz)

600 calories/ 16 g fat

The New York strip is lean, just trim the outside fat. It's close to half the calories of the rib eye and an acceptable fat amount that will save your heart!

Appetizer. Shrimp Satay



- 1. Soak bamboo skewers in hot water for 30 minutes.
- **2.** In a food processor, mince garlic. Add peanut butter, soy sauce, sesame oil, rice vinegar, ginger root and honey, and process until smooth. (Make ahead: Prepare peanut sauce up to two days in advance. Cover and refrigerate.)
- **3.** Thread shrimp loosely onto bamboo skewers, 3 to 4 shrimp per skewer, leaving space at each end. Brush sauce over shrimp, covering both sides. Cover and refrigerate for a minimum of 20 minutes or for up to one hour.
- 4. Preheat contact grill. (If your contact grill has more than one temperature setting, set it to medium-high.) Spray both sides of grill with

oil. Place shrimp skewers on grill, close lid and grill for 2 minutes or until shrimp are pink and opaque. THE CANADIAN PRESS/ 125 BEST INDOOR GRILL RECIPES BY ILANA SIMON (ROBERT ROSE INC., ROBERTROSE.CA. 2013).

- 12 bamboo skewers (each 23 cm/9 inches long)
- 4 cloves garlic
- 50 ml (1/4 cup) peanut butter
- 30 ml (2 tbsp) soy sauce
- 30 ml (2 tbsp) sesame oil • 30 ml (2 tbsp) seasoned rice
- 30 ml (2 tbsp) minced ginger
- 30 ml (2 tbsp) liquid honey • 1 kg (2 lb) jumbo shrimp, peeled and deveined

vegetable cooking spray or

2. Arrange the shrimp on the prepared baking sheet with all of the shrimp facing the same direction to form a series of C's. Remove the

1. Heat the oven to 400 F.

Line a rimmed baking sheet

with kitchen parchment.

casings from the sausage, place a small mound of the sausage in the centre of each shrimp and press down so that the shrimp and sausage filling make a solid round.

- **3.** In a small bowl, combine 1 tablespoon of the olive oil with half the garlic and all of the oregano. Sprinkle the shrimp lightly with salt and pepper, then brush the oil mixture over the shrimp and sausage. Bake the stuffed shrimp until they are cooked through, about 8 to 10 minutes.
- 4. Meanwhile, in a blender combine the red peppers, the remaining tablespoon of oil, the remaining garlic, the vinegar, and salt and pepper to taste. Blend until

smooth. Transfer to a small saucepan and heat just until

5. To serve, arrange the shrimp on a serving platter, then drizzle each with some of the sauce. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DIN-

- 16 peeled and deveined large raw shrimp (about 8 to 10 oz)
- . 6 oz hot or sweet Italian turkey sausage meat (about 2
- 2 tbsp extra-virgin olive oil, divided
- 2 cloves garlic, minced, divided . 1 tbsp chopped fresh
- oregano . Kosher salt and ground black
- 1 cup roasted red peppers,
- drained and patted dry
- 1 tbsp balsamic vinegar



metronews.ca Monday, December 2, 2013

Show me the money: Get cracking when it comes to the sales quota

Meet the moola standard. Tips on becoming a top seller when your position includes an expensive expectation

ROSIE HALES TalentEgg.ca

"Quota" and "commission" can be two scary words if you're new to the retail world, but they don't have to stay that way!

Sales quotas and commissioned sales are just two ways you can maximize the experience you have at a retail job and get rewarded for your hard work.

First things first, let's get some terminology out of the way.

A sales quota is the minimum sales goal for a set amount of time. Your sales quota could be either a monetary goal (i.e. "By the end of this week, we'd like you to make \$500 worth of sales.") or a product goal (i.e. "By the end of this week, we'd like you to have sold two coffee machines, 25 boxes of filters and three thermal mugs.").



The amount of time for a sales quota can differ, too.

You might be asked to make your quota by the end of one shift, the week or a fiscal quarter. If you fill your sales quota then there may even be the chance of a reward!

Commission is a reward you get for selling products. Often you'll hear people saying, "I work on commission." This means that salespeople will often be incentivized to makes lots of great sales by getting paid for each sale they make.

Commission is often calculated on the basis of a percentage of the retail value of goods sold.

Here are four tips for becom-

ing a great salesperson and making commission-based work and sales quotas work for you!

Educate yourself

To be able to sell products, you've got to have some solid knowledge to impart to customers. Make sure you know the top three to five products that your company sells and learn their main selling points. Then, pick a few other products in the store and become the resident expert.

Identify your target customers

In order to sell effectively, you need to be able to relate to your customers. Understanding their priorities and preferences in terms of style, cost and quality will help you direct them to goods that they'll be more likely to purchase — and be more satisfied with in the long run.

Give customers space to make their own decisions Don't try to push a customer customer is looking to buy a product that you genuinely believe is wrong for their needs then suggest a different one that you think might suit them better. Support their final decision — they're more familiar with their own needs than you are.

in the direction of a product

they don't really want. If a

TALENTEGG.CA IS CANADA'S LEAD-ING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Set your own sales goals

- If you're making sales goals with no difficulty, then why
 not set higher goals for yourself? Each week you could try
 to improve on your quota by \$20 or by selling three products you've never sold before
- It's worth a try if you want to impress your manager!

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Helping low-income learners aim higher

A guiding hand.

Counseling can help students seek out schools they may not have considered

JULIA WEST

Metro World News

A study by the U.S. National Bureau of Economic Research earlier this year found that low-income students who were high academic achievers were not applying to competitive post-secondary schools. The study also revealed — perhaps unsurprisingly — that with the help of intensive counseling, students may be more likely to apply to these schools.

Though the study highlighted this problem, it found that many professionals were already aware of the benefits of hands-on intervention in the education paths of disadvan-

Generational gap

Dr. Ann P. Garber, independent counselor and president of Garber Academics:

"For several reasons, including immigration trends, there is an unprecedented number of first-generation applicants, students whose parents did not attend college. They grow up without hearing about their parents' college experiences. Without that knowledge to back them, and without proper assistance, it's no wonder some very capable students struggle with the application process."

taged youth. "There has been a great deal of research done over the years that shows that one of the main reasons lowincome students tend to attend less selective colleges than they are suited to stems from a lack of information," explains Thyra Briggs, vice president of admission and financial aid at Harvey Mudd College in Claremont, CA.

Essentially, students are unaware of the support, both financial and otherwise, available to them. "College counseling can help students understand that colleges with a high price tag often have greater resources for aid," says Briggs. "In this process, access to information is everything."

Ann Marano is the director of the College Bound Initiative program at the Texas-based Foundation for the Education of Young Women. She knows the value of empowering potential students with greater knowledge about the application process. "Students may not understand the 'language' of it all — how to start a college search, the college application process and that financial assistance is available," Marano says.

Round the world wisdom

Laughter gives you wings



LESSONS FROM THE DESERT Stéfan Danis life@metronews.ca

Laughter has the power to dramatically help in overcoming adversity.

I was only 15 minutes into my Gobi Desert race, and found myself running through a river-crossed canyon. The hostile landscape consisted of loose rocks the size of baseballs. My eyes were fixated on the ground, as every foot plant bore the risk of rolling my ankle. I felt my first blister forming.

Later, we had to cross the river. Unprepared, I tentatively traversed and fell in. I screamed, livid to be in a river while supposedly running in the desert. It then hit me. "This is what my race is meant to be about. I'm here to learn how to deal with adversity!" I burst out laughing.

Right then and there I made a promise to myself, one that still persists today:

laugh out loud at every unpleasant surprise.

We crossed that same river seven more times that morning. Yet from that moment onward I giggled. Every time I laughed, my pace increased. That day, I managed to pass everyone I could see ahead of me, leaping from the back of the pack to ninth place overall!

When have you last tried to counter adversity with laughter?

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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SPORTS metronews.ca Monday, December 2, 2013

Dubnyk delivers win in relief of Bryzgalov

NHL. Edmonton's usual No. 1 goalie shines in shootout as Oilers top Stars in Dallas

The Edmonton Oilers made the most of limited offence and both parts of their goalie

Jordan Eberle and David Perron scored in the shootout, and Devan Dubnyk came on in relief of injured goalie Ilya Bryzgalov in the Oilers' 3-2 win over the Dallas Stars on Sunday night.

"It's nice to get a win," Perron said, "mostly with the shot total that was tonight (Dallas 45, Edmonton 32). We greased one out."

Dubnyk stopped two of three shots in the tiebreaker. Dallas' Kari Lehtonen failed to make a save in the shootout after stopping 30 shots through the first 65 minutes.

"Things weren't really going our way for the first half of the game, so you knew there was going to be some shots," Dubnyk said. "I thought we responded pretty good to it."

Edmonton's Ales Hemsky scored five seconds before the second period ended, and Andrew Ference fired in a slap

shot with 5:07 remaining in regulation to tie it again.

Ryan Garbutt scored two goals, including a short-handed tally that gave Dallas a 1-0 lead in the second period. He also put the Stars ahead in the third.

"It's obviously pretty important to have good shootouts," Garbutt said. "We've had (Rich) Peverley scoring goals in the last two games, but we need more guys stepping up when we've got the opportunity."

Garbutt nearly had a hat trick but he was stopped on a breakaway attempt by Bryzgalov with 3:41 left in the second. Garbutt collided with Bryzgalov, who left with an upper-body injury and didn't

Bryzgalov, who made 28 saves, trailed 1-0 when he came out. Dubnyk then stopped 15 of the 16 shots he

THE ASSOCIATED PRESS

Oilers head coach Dallas Eakins wouldn't elaborate on Ilya Bryzgalov's injury. "I've got to keep this under wraps until we check him out a little further,"

Stars centre Tyler Seguin, leading Dallas with 12 goals, missed his first game this season because of concussion-like symptoms resulting from a hit during Friday's game against Chicago.

Praise from Dallas in Dallas

"Both those guys, and especially (Devan Dubnyk) coming in the way he did, they were a real catalyst for our team."

Oilers coach Dallas Eakins, praising his goalies after Sunday's win in Dallas.

NHL. Kesler helps Canucks earn victory in Carolina

Ryan Kesler scored two goals to lead the Vancouver Canucks to a 3-2 win over the Carolina Hurricanes on

Tom Sestito also scored for the Canucks and Jason Garrison had two assists. Backup goalie Eddie Lack made 29 saves to help Vancouver pick up its third win in its past 11 games.

Kesler's second capped a stretch where the teams combined to score three goals in 37 seconds.

THE ASSOCIATED PRESS



Sunday in Raleigh, N.C.

NHL. Alfie wins with Red Wings in return to Ottawa

On the day Daniel Alfredsson returned to Ottawa, the Senators got yet another reminder that things aren't the same this season without him.

Despite an empty-net goal and an assist, Alfredsson wasn't primarily responsible for the Senators' second straight loss and fourth straight at home. But in helping the Detroit Red Wings to a 4-2 victory Sunday night at Canadian Tire Centre, the long-time captain contributed to the continuation of his former team's woes.

"The result makes it a lot sweeter," said Alfredsson, who was named the third star in his return. "You could tell our team was motivated today and played hard and I thought we got better as the game went on. But if we would have lost, for me personally I think it would still have been a night I'll always remember."

Alfredsson assisted on Johan Franzen's opening goal for Detroit and Drew Miller scored twice.

THE CANADIAN PRESS



Golf. McIlroy gets first win of 2013

Rory McIlroy birdied the 18th hole to beat Adam Scott at the Australian Open on Sunday, winning for the first time in 2013 and denying Scott the Triple Crown of Australian golf. The associated press

Skiing. Vonn delays surgery

Lindsey Vonn is delaying further surgery on her partially torn right knee for as long as possible in hopes of skiing at the Sochi Olympics.

THE ASSOCIATED PRESS

Skiing. Aksel drops hammer in Lake Louise

Aksel Lund Svindal of Norway won the men's World Cup super-G on Sunday.

It was the third straight super-G win for Svindal in Lake Louise, Alta., after victories in 2012 and 2011. THE CANADIAN PRESS

Broncos trample Chiefs on way to top of AFC West

NFL. Manning racks up 5 TDs, four caught by Decker; K.C. loses third straight game

In the words of Chiefs safety Eric Berry, Peyton Manning does not discriminate.

If you're playing wide receiver for the Denver Broncos and you manage to get yourself open, you can bet that Manning is going to find a way to get you the ball.

On Sunday, he rewarded Eric Decker all afternoon.

Manning threw for 403 yards and five touchdowns, four of them to Decker, and the Broncos held off a rally to beat the Chiefs 35-28 and seize control of the AFC West. "I think he showed people

The Chiefs' Eric Berry pressu Broncos QB Peyton Manning on

why he's so great," Decker said. "How we run our offence, we're very versatile as far as going inside, outside,

Sunday in Kansas City. GETTY IMAGES

left, right - whatever it may be. Fortunately I had some play calls and took advantage of the opportunities I got.

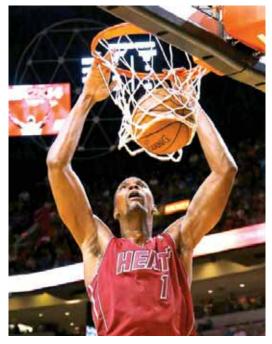
Decker had eight catches for a career-high 174 yards for the Broncos (10-2), who moved a game clear of the Chiefs (9-3) in the division.

With four games left, Denver also holds the tiebreaker by virtue of two wins over Kansas City in the past three weeks. The Broncos have the AFC's best record.

Manning has 41 TD passes, breaking his franchise record of 37 set last season.

Denver won despite missing a slew of injured players, including three starters on defence and tight end Julius Thomas, who has developed into one of Manning's favourite red-zone options.

THE ASSOCIATED PRESS



Who's the boss? Bosh bursts Bobcats' bubble in 4th Q

Chris Bosh dunks home two of his 22 points in the Heat's 99-98. comefrom-behind win over the Bobcats on Sunday night in Miami. Bosh scored 13 straight points for the Heat in the final minutes, including a trio of three-pointers to cap a late rally. MIKE EHRMANN/GETTY IMAGES

Not at cost of CFL

Little appetite for NFL team in Canada. poll finds

An overwhelming majority of Canadians don't want an NFL team in Canada if it means the demise of the CFL, a survey suggests.

Forty per cent of 1,007 online participants said they didn't want an NFL team in Canada at all while another 41 per cent added they'd welcome an NFL franchise in this country only if it co-existed with the CFL. The survey, released Sunday, was conducted in mid-November by Reginald Bibby, a professor of sociology at the University of Lethbridge, and pollster Angus Reid Global.

"They'd have to coexist, that's the simple bottom line," Bibby said in a telephone interview. "Compared to 1995, if anything, that viewpoint seems to have solidified." THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION										
	GP	W	L	0L	GF	GΑ	Pt			
Boston	27	18	7	2	75	55	38			
Detroit	28	14	7	7	78	73	35			
Tampa Bay	26	16	9	1	76	66	33			
Montreal	27	15	9	3	73	57	33			
Toronto	27	14	10	3	75	73	31			
Ottawa	27	10	13	4	78	90	24			
Florida	27	7	15	5	59	91	19			
Buffalo	28	6	20	2	48	85	14			

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA Pt	
Pittsburgh	28	18	9	1	86	64 37	
Washington	27	14	11	2	82	78 30	
NY Rangers	27	14	13	0	60	66 28	
New Jersey	27	11	11	5	59	64 27	
Philadelphia	26	12	12	2	57	63 26	
Carolina	27	10	12	5	57	78 25	
Columbus	27	10	14	3	67	80 23	
NY Islanders	27	8	15	4	72	93 20	
Sunday's rocult							

Vancouver 3 Carolina 2 Detroit 4 Ottawa 2 Edmonton 3 Dallas 2 (SO)

Saturday's results NY Rangers 5 Vancouver 2 Boston 3 Columbus 1 Pittsburgh 5 Florida 1 New Jersey 1 Buffalo 0 (OT) Montreal 4 Toronto 2 Washington 3 NY Islanders 2 (OT) Philadelphia 3 Nashville 2 (SO) Chicago 5 Phoenix 2 Colorado 3 Minnesota 2 (SO) Calgary 2 Los Angeles 1
San Jose 4 Anaheim 3 (SO)
Monday's games — All Times Eastern Winnipeg at NY Rangers, 7 p.m. New Jersey at Montreal, 7:30 p.m. Philadelphia at Minnesota, 8 p.m. St. Louis at Los Angeles, 10:30 p.m.

Tampa Bay at Columbus, 7 p.m. Carolina at Washington, 7 p.m. Pittsburgh at NY Islanders, 7 p.m. Ottawa at Florida, 7:30 p.m. Vancouver at Nashville, 8 p.m. Dallas at Chicago, 8 p.m. Phoenix at Edmonton, 9:30 p.m. Los Angeles at Anaheim, 10 p.m

Tuesday's games San Jose at Toronto, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GΑ	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	28	15	8	5	68	67	35
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28
Winnipeg	28	12	12	4	73	80	28
PACIFIC DIVI	SION	ı					
	GP	W	L	0L	GF	GΑ	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20
Note: Two poin	ts for	a w	/in,	one	poin	t for	
overtime loss.							

SCORING LEADERS						
	G	Α	Pts			
Crosby, Pgh	13	23	36			
Malkin, Pgh	7	28	35			
Steen, StL	20	11	31			
Getzlaf, Ana	13	18	31			
Kane, Chi	16	14	30			
Tavares, NYI	11	19	30			
Zetterberg, Det	11	19	30			
Ovechkin, Wash	21	8	29			
Perry, Ana	15	14	29			
Thornton, SJ	4	25	29			
Kunitz, Pgh	14	13	27			
Couture, SJ	9	18	27			
H. Sedin, Van	7	20	27			
Marleau, SJ	12	14	26			
Karlsson, Ott	7	19	26			
Ryan, Ott	13	12	25			
Backes, StL	12	13	25			
Little, Win	12	13	25			
Toews, Chi	12	13	25			
D. Sedin, Van	10	15	25			
Pavelski, SJ	9	16	25			
Backstrom, Wash	6	19	25			
Not including last night	s games					

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern Kansas City vs. Salt Lake, 4 p.m.

NBA EASTERN CONFERENCE

	vv	L	PCC	UD	
d-Indiana	16	1	.941	_	
d-Miami	14	3	.824	2	
Atlanta	9	9	.500	71/2	
d-Toronto	6	10	.375	91/2	
Washington	8	9	.471	8	
Chicago	7	8	.467	8	
Charlotte	8	10	.444	81/2	
Detroit	7	10	.412	9	
Orlando	6	10	.375	91/2	
Boston	7	12	.368	10	
Philadelphia	6	12	.333	101/2	
Cleveland	5	12	.294	11	
Brooklyn	5	12	.294	11	
New York	3	13	.188	121/2	
Milwaukee	3	13	.188	121/2	

WESTERN CONFERENCE W L Pct GB

d-San Antonio	14	3	.824	_
d-Portland	13	3	.813	1/2
Oklahoma City	12	3	.800	1
d-L.A. Clippers	12	6	.667	21/2
Houston	13	5	.722	11/2
Denver	10	6	.625	31/2
Dallas	10	8	.556	41/2
Golden State	10	8	.556	41/2
L.A. Lakers	9	8	.529	5
Phoenix	9	8	.529	5
New Orleans	8	8	.500	51/2
Memphis	8	8	.500	51/2
Minnesota	9	10	.474	6
Sacramento	4	11	.267	9
Utah	3	15	.167	111/2
d-division leader Sunday's results				

d-division leader
Sunday's results
Denver 112 Toronto 98
Indiana 105 L.A. Clippers 100
Detroit 115 Philadelphia 100
Miami 99 Charlotte 98
Golden State 115 Sacramento 113
Oklahoma City 113 Minnesota 103
New Orleans 103 New York 99
Portland at L.A. Lakers
Saturday's results
Washington 108 Atlanta 101
Cleveland 97 Chicago 93
Brooklyn 97 Memphis 88
Minnesota 112 Dallas 106
Houston 112 San Antonio 106
Milwaukee 92 Boston 85
Utah 112 Pheenix 104
Monday's games — All Times Eastern
Orlando at Washington, 7 p.m.
New Orleans at Chicago, 8 p.m.
Atlanta at San Antonio, 8:30 p.m.
Houston at Utah, 9 p.m.
Indiana at Portland, 10 p.m.

Roar of the Rings

Jacobs stuns Winnipeg's top rink to open trials

Ontario's Brad Jacobs upset hometown favourite Jeff Stoughton 7-4 on Sunday's opening day of the Canadian Curling Trials.

Stoughton wasn't the only veteran to fall in the first draw of the eight-team men's field.

Ontario's Glenn Howard and his team from Penetanguishene, Ont., lost 8-6 to John Morris of Vernon, B.C.

Reigning Olympic cham-pion Kevin Martin had a duel against Winnipeg's Mike Mc-Ewen, but the Edmonton skip finished with a 5-3 victory.

Toronto's John Epping was also victorious when he got by Calgary's Kevin Koe 9-8.

Jacobs and his foursome from Sault Ste. Marie led from the beginning and widened the gap 4-1 after a double takeout in the fifth end scored two.

Even though the twotime world and three-time Brier champion Stoughton is beloved by local fans, the knowledgeable crowd of 10,214 at MTS Centre cheered in appreciation of Jacobs' tough shot.

Stoughton bounced back with a pair in the sixth end to make it 4-3, but Jacobs stretched the lead to 6-3 with a draw that gave him a pair in the eighth.

Stoughton added one with the hammer in the ninth to make it 6-4.

Jacobs, 28, was a runnerup at this year's world championships.

Stoughton, 50, is playing in his fifth Trials and has said this is his last crack at trying to earn an elusive berth to an Olympic Games.

THE CANADIAN PRESS



See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

22

42

68

16

36

60

Tin Tin

Nations, Shawn

12. Egyptian city

13. Sagas

10. Membership store

11. National Chief of

the Assembly of First

15

55 56

T Aries

March 21 - April 20

There is no such thing as something for nothing and if you do not quite believe that now you will believe it by the end of the day.

Taurus

April 21 - May 21

It may appear as if you are the only one making sacrifices for a relationship but the planets warn you are not seeing the situation clearly. Don't start complaining or you may lose the one person who makes your world a better place.

I Gemini May 22 - June 21

Honesty is the best policy today, especially if you have done something that makes you feel bad about yourself.

Gancer

June 22 - July 23

It may be better to give than to receive but sometimes you wonder why it seems to be you who does all the giving while others do all the receiving.

Ω Leo July 24 - Aug. 23

What others expect of you is not important – what matters is what you expect of yourself. Others may say you should be doing this or doing that today but you must reject it all and do only what makes you happy.

M Virgo Aug. 24 - Sept. 23

Some things you can see from a long way away but others things you don't see until you are right up in front of them. You're not the only one to see something so important so late in the day, so don't make a big deal of it.

△ Libra

24

Sept. 24 - Oct. 23

The more you search for a solution to a problem of some kind the more it seems to elude you. Maybe you are trying too hard.

M Scorpio

Oct. 24 - Nov. 22

You may have to hurt someone's feelings today by saying something you know they don't want to hear but if you don't they will keep making the same mistake over and over again.

プ Sagittarius Nov. 23 - Dec. 21

If you ask for something today you will most likely get it. But will it be good for you? The planets warn it might be smart to stick with what you already have and try to make the best of it. More is not necessarily better.

り Capricorn Dec. 22 - Jan. 20

Generally you take people as you find them and don't care where they are coming from or where they are going to.

≫ Aquarius Jan. 21 - Feb. 19

Just because something is new-fangled or fashionable does not mean it is good. Keep that thought in mind and if you are confronted with a choice between something old and dull and something new and exciting, go for the old and dull.

H Pisces

Feb. 20 - March 20

You may have strong opinions about something and you have every right to express them but you need to accept that not everyone agrees with you.

SALLY BROMPTON

Crossword: Canada Across and Down

14

52 53

62

68

58. Grind

59. The: German

actor Mr. Cariou

68. Energy unit

69. Scottish hats

63. Saskatchewan

Building, in Regina

62. Winnipeg-born

Across

- 1. HS class: 2 wds. 7. Tim Hortons CEO
- Mr. Caira
- 11. Bitter
- 14. In a forthright way 15. Puccini aria: "
- Babbino Caro" 16. Male sheep, in Brit.
- 17. Auction House in Toronto since 1850
- 19. Caesar's 61 20. Caesar's 551
- 21. 'Social' suffix
- 22. 2003 to 2007 series. " 24. Auction atten-
- dees, often: 2 wds. 29. Big leagues in baseball
- 31. Much: 2 wds.
- (Image breaker)
- Morita 35. Remain unsettled
- 39. Tarzan creator's
- monogram 40. Waterloo, ON:
- 43. Agnus __ (Mass
- commonly
- tic
- Kelly
- fans: 2 wds.

20 25 26 40

- 32. Prefix to 'clast'
- 33. Sony co-founder,
- Laurier University
- prayer) 44. Wall St. landmark,
- 46. Breath mints,
- 47. Canadian actress
- 49. Sonny & 51. Wine-tasting need 52. Lady Gaga to her
- 57. 1996 film for

Madonna 70. Don't target cor-

halt

- 71. Áliens, commonly 72. "Quiet...
- 73. __ Creek, Ontario

41

64

50

63

69

72

rectly

Down

Sudoku

How to play

involved.

1. "__ you do that?"

Fill in the grid, so that every

every 3x3 box contains the

digits 1-9. There is no math

row, every column and

2. Ring stone 3. 'Journalist' and 'TV

70

73

- Host', for example:
- 2 wds.
- 4. Halt
- 5. Yalie
- 6. Fault-finders
- 7. Traveller's lodging
- 8. 'I love', in Latin
- 18. Ronny & The Daytonas hit

23. Web address starter 25. Director Mr.

- Howard
- 26. Think, archaically
- 27. Animal dens 28. Time Machine
- people
- 29. Demeanor
- in the Dark" 30. "
- (1988)
- 33. clock
- 34. Fast food chain,
- commonly 36. Era (English
- history period of
- 1901 to 1910)
- 37. Shipshape 38. Have supper
- 41. Roman road
- 42. "Shoot!"
- 45. Genuine
- 48. Grand __ Opry
- 50. Well-being de-
- partment, __Canada 51. Sacred songs
- 52. Battle royal
- 53. Blatant
- 54. Dainty bell sounds
- 55. Range in Quebec,
- Mountains
- 56. Headshakes
- 60. Songstress Ms.
- Sands 61. Saint-__ (Place in
- France where Vincent
- van Gogh painted)
- 64. Parisian water
- 65. Baseball execs 66. River island
- 67. Classy music gr. in
- Ontario





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ir toes". **WEEKDAYS 5:30 AM**

7	4	9			1		5	6
6	8	3	5	2	4	9	1	7:
2	1	5	0	9	7	4	8	3.
5	2	4	1	6	3	8	7	9
а	6	1	9	7	8	5	4	2
-8	9	7	2	4	5	6	3	1
4	5	6		1		3	9	8
1	3	2	8	5	9	7	6	4
9	7	8	4	3	6	1	2	5

4 8 7 2 9 6 5 5 9 4 1 2 5 3 1 3 7 1 2 9 4 2 8 5 4 1 8 6

TODAY

MAX: -8°

æ:

THESDAY

MAX: -15°

WEDNESDAY MAX: -18

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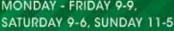
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